

Life Long Learning: The Brain's Gateway to Health and Happiness

What can Life Long learning do for you and your loved ones?

Millions of Americans over the age of 50 are retired or staring retirement in the face. Along with this milestone in their lives, they are actively seeking ways to maintain mental and physical longevity. Life Long Learning is the simple answer to a healthier, more vibrant life!

Life Long learning is the continued educational experience that utilizes academic topics, educational travel, community service and volunteerism to actively engage the brain. Most often this encourages physical activity, emotional well-being and healthier social relationships. Life Long Learning is fun, relaxing and great exercise for your brain!

10 Benefits to Life Long Learning

1. Source of Enjoyment – Life Long Learning can bring an increase to the longevity of life. Everyone knows that knowledge is one of the keys to an amazing long life.
2. Voyage to discovery – Life Long Learning can be a vehicle to new avenues which open up new horizons to the mind and knowledge of ability to the body and soul.
3. Promotes curiosity...learning about history, current events, politics or the culture of other countries can help inspire and engage us in a higher level of living.
4. Gives Lumosity – gives awareness and wisdom through brilliance to a person's life
5. Makes the world a better place...through community service and volunteerism the older learner can give back to the community by sharing their wisdom.
6. Adapting to change...who said "old dogs can't learn new tricks" is not true and a learning environment with our peers makes it possible to stay in tune with today's changes...and also can make it more fun!
7. Defines Assurity – builds confidence which intern brings involvement and leadership.
8. Active contributors to society...so that we become an incredible asset to our communities.
9. Make new friends...so we're not lonely and we're meeting others who are embracing the excitement of learning.
10. Enriching life of self-fulfillment so we're creating a multi-dimensional life .

Some of the information above was taken from a great article on the internet: http://www.selfgrowth.com/articles/Top_10_Benefits_of_Lifelong_Learning.html